



# Help is always welcome!

## BECOME SOMEONE'S CHAMPION.

This volunteer packet will walk you through our volunteer opportunities and help you decide which program or volunteer position that you have a passion for.

We look forward to working with you soon!

## FLORIDA KEYS HEALTHY START COALITION SERVING ALL OF MONROE COUNTY FROM THREE PROGRAM OFFICES



*Gato Historic Building*  
1100 Simonton St. Rm. 1  
Key West, FL 33040

*Administrative Office*  
3121 Northside Dr. Ste. 102  
Key West, FL 33040

*Within Coral Isles Church*  
90001 Overseas Hwy.  
Tavernier, FL 33070

305-293-8424



[www.KeysHealthyStart.org](http://www.KeysHealthyStart.org)



## POSSIBLE VOLUNTEER OPPORTUNITIES

Coordinating events

Administrative Duties

Assisting with play groups

Leading support groups

Photographer

Board Member

Coalition Member

Picking up or dropping off  
item donations

Involvement in Keys to  
Hope for families  
experiencing loss

Involvement in the  
Breastfeeding/Doula  
Programs

Host a community drive for  
essential items for babies

Partner with businesses to  
host fundraising events

Involvement in the  
Breastfeeding-Friendly  
Workplace Initiative

# THANK YOU FOR YOUR INTEREST IN VOLUNTEERING WITH US!

Volunteers are a vital part of the Coalition! With your help, we are steps closer to achieving our mission of uniting people and resources to improve the health and well-being of pregnant women, children and their families in Monroe County.

I hope that you find your time with us is rewarding and positive. This volunteer packet outlines the structure of our organization and the various programs you can choose to get involved with.

If you have any questions, let's talk about it. We want to find the volunteer position that you'll find most rewarding. Once again, thank you and welcome.

With Gratitude,

Arianna Nesbitt  
Chief Executive Officer

[ceo@keyshealthystart.org](mailto:ceo@keyshealthystart.org)

305-293-8424

[KeysHealthyStart.org](https://www.KeysHealthyStart.org)

[flkeyshealthystart](https://www.instagram.com/flkeyshealthystart)

FKHSC is a 501(c)3 community based organization. The Coalition seeks to be fiscally transparent and in doing so, makes our financial records easily available and accessible. We hold and maintain the Platinum Seal of Transparency on Guidestar; showcasing the progress and results we're making toward our mission.

Platinum  
Transparency  
2022

**Candid.**

Florida Keys Healthy Start Coalition is a 501©(3) non-profit organization,  
Federal EIN number 65-0051482.

A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll free 800-435-7352 within the state. Registration does not imply endorsement, approval, or recommendation by the state.

# FLORIDA KEYS HEALTHY START COALITION



## MISSION

The Florida Keys Healthy Start Coalition unites people and resources to improve the health and well-being of pregnant women, young children and their families in Monroe County.

## VISION

A community working together to provide access to quality of care and resources for all pregnant women, infants, young children and their families in Monroe County.

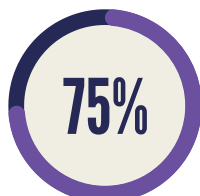
## GOALS & OBJECTIVES

1. To assure that the existing barriers to maternal and infant health care within the Florida Keys are minimized.
2. To promote and protect the health and well-being of all pregnant women, children, and their families within the Coalition's area.
3. To establish partnerships that promote coordinated community-based care for pregnant women, children and their families.
4. To provide education, outreach, and advocacy on topics relating to maternal child health and parenting.

## IMPACT TO COMMUNITY

Since 1992, the Florida Keys Healthy Start Coalition has grown into a trusted partner with both our families and our community. By helping to create the best possible start in life for our youngest citizens, we create a starting point for a continuum of health and well-being for our community's next generation, which positively impacts all of us. We welcome members of the community to help us achieve our mission.

Many families in the Keys are without a nearby extended family. As the saying goes, "It takes a village to raise a child." However, there are many families disconnected from their neighbors, communities, and other parents and families in Monroe Country. As a volunteer, you can make a difference in the lives of families who are in need of additional support.



Providing assistance to over 75% of pregnant women in the Florida Keys.

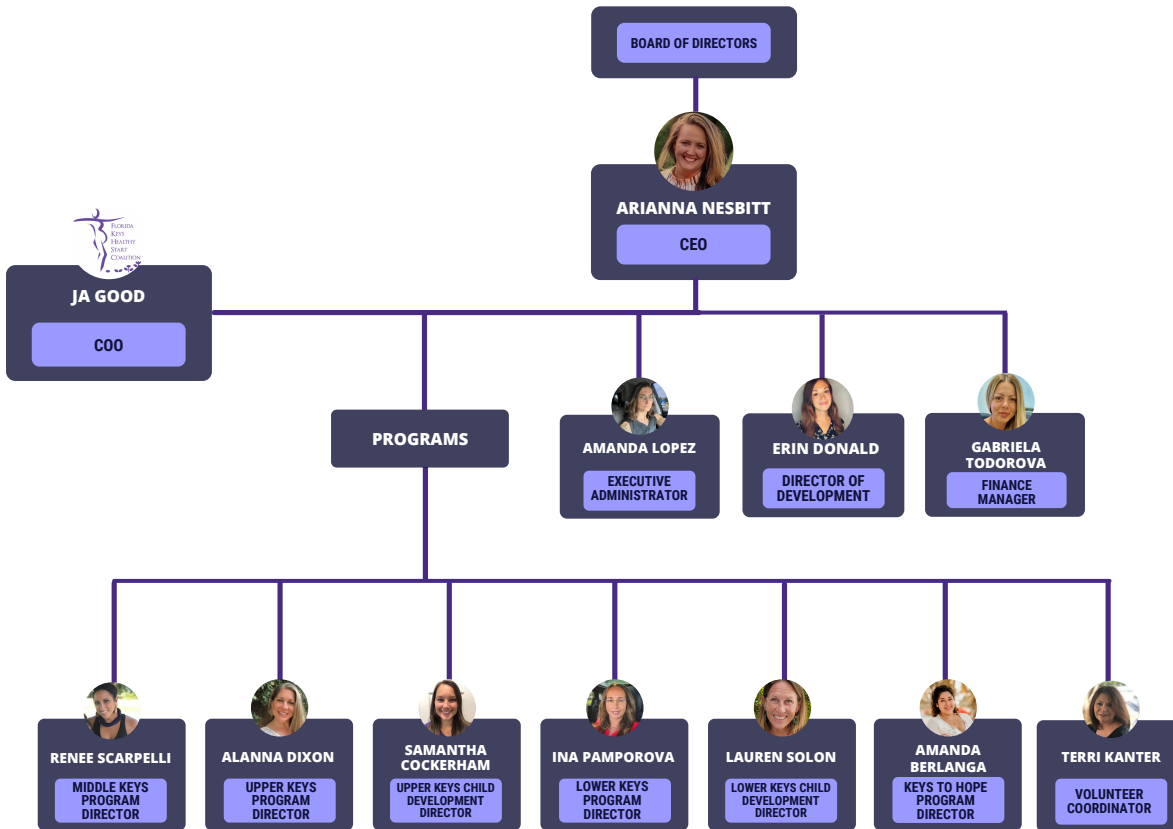


Providing assistance to an average of 700 babies born per year in the Florida Keys.

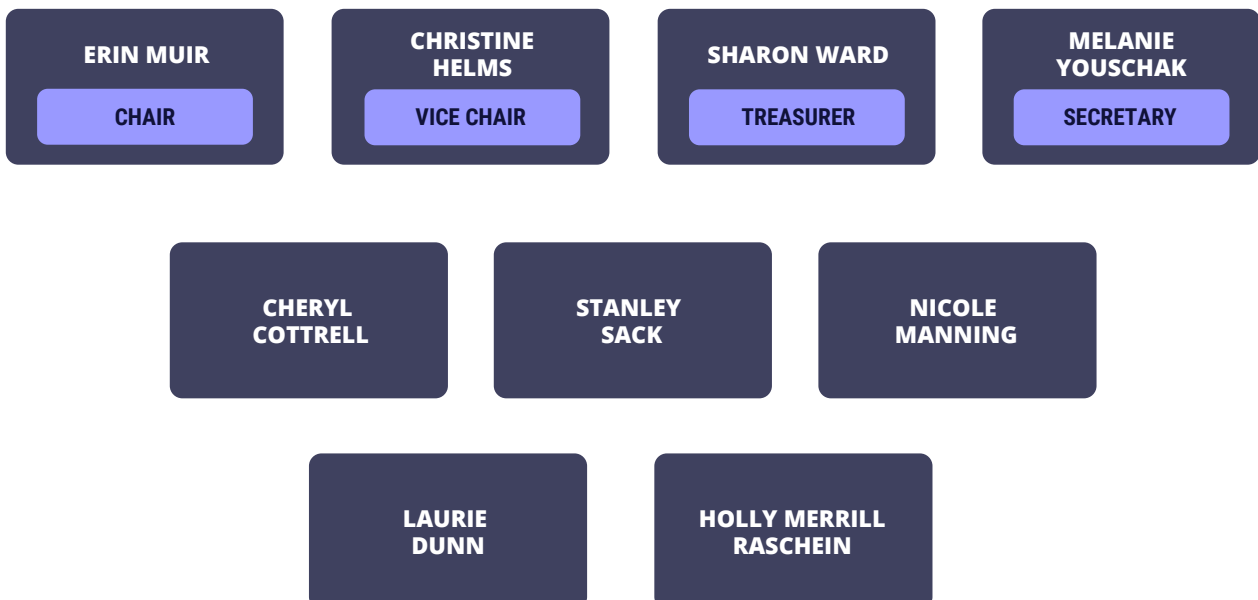
# FLORIDA KEYS HEALTHY START COALITION



## WHO WE ARE OUR TALENTED STAFF



## OUR DEDICATED VOLUNTEER BOARD OF DIRECTORS 2021 - 2022





## OUR PROGRAMS

To meet the needs of families as they grow, the agency has expanded from our flagship Healthy Start Program to having six core programs.

### Healthy Start

1

provides multilingual risk intervention services to pregnant women, children birth to three years of age and their families through the Monroe County Health Department. Individual services are free of charge and include: care coordination, assistance accessing prenatal care and transportation to service providers, nutritional and breastfeeding education and support, and parent education. Also included are home-visits, stress-management, parenting skills, smoking cessation counseling, childbirth education, baby-spacing information, and help accessing financial assistance for pregnancy and infant care costs. These services are vital to ensuring babies are born into our community fully developed and to prepared families.

### Healthy Babies

2

addresses the health and well-being of mom and baby during pregnancy and the first few months of life. Through subsidized prenatal medical care, supportive mental health services, transportation to vital medical appointments, childbirth education, and lactation support services we are able to ensure babies are born healthy to prepared parents. We are expanding this program to include labor and postpartum doula support, which has been proven to reduce the cost of prenatal care and birth as well as improving birth outcomes and reducing incidence of PMAD challenges after babies are born.

### Keys to Growing Kids

3

facilitates family health and education workshops, developmental playgroups, and parent support groups. We host several Tot Time and Wiggles & Giggles early educational playgroups each month throughout the Florida Keys. Wiggles & Giggles is geared at children 1-4 & siblings ready to jump, tumble, run, dance, and have fun. Tot Time playgroups are for parents, caregivers, and children to enjoy crafts, games, snacks, stories, music, guest speakers, field trips, and more. Activities are adaptable, so any children ages 0-5 are welcome to attend with their parent/caregiver, and siblings always welcome! Parents and caregivers have the opportunity to meet new friends with young children, ask questions of other parents and professionals, and spend quality time with their little ones.

# FLORIDA KEYS HEALTHY START COALITION

## OUR PROGRAMS



To meet the needs of families as they grow, the agency has expanded from our flagship Healthy Start Program to having six core programs.

### 4 Keys to Kids' Safety

4

helps parents and caregivers to provide a safe environment to raise their children through the provision of education, support, and safety supplies. We address vehicle and bike safety, safe sleep practices, water and pool safety, and home environment and poison safety. We conduct safety events with car seat inspection and installation, provide education to community members and, in some cases, provide low-cost car seats, bicycle helmets, cribs, and other necessary safety equipment to parents, caregivers, and agency personnel. Our staff empower and educate underserved populations to keep their children safe. This holistic approach fosters a developing child's sense of safety, security, improving their physical and mental well-being.

### 5 Keys to Supporting Families

5

addresses client assistance and nutrition support with essential baby supplies such as diapers, strollers, formula, and baby food. Through provision of items/supplies we are able to teach families about their proper use and allow their finite resources to be used to cover other costs and needs. We are working to add Adopt A Grandparent (intergenerational mentorship) and Parent Coaching programs.

### 6 Keys to Hope

6

provides support to parents and families who have experienced the loss of a pregnancy, baby, or child. This program is comprised of trained community liaisons, licensed mental health professionals, and families who have been through this experience and are dedicated to being there for other families.

#### **Is there a specific program that resonates with you?**

As a volunteer, you have the choice to volunteer for one or many of our events and activities and help our Keys families. We invite you to participate in various programs and events from Key West, FL to Key Largo, FL. Together, we will continue to grow and launch new projects. We are grateful for all you do to help the residents of Monroe County and for helping the Coalition serve our littlest ones.

# VOLUNTEER APPLICATION



To apply for a volunteer position, please complete all questions.

Volunteer Name:

Check if volunteer is under the age of 18       Check if you need a letter listing volunteer hours

Volunteer E-Mail:

Parent/Legal Guardian E-Mail if volunteer is under 18

Address:

Volunteer Phone:

Parent/Legal Guardian Phone if volunteer is under 18

Shirt Size:

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Emergency Contact:

First Name	:	<input type="text"/>	<input type="text"/>	<input type="text"/>
Last Name	:	<input type="text"/>	Relationship	Phone Number

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Volunteer Position :

Desired volunteer position:

Second volunteer position:

Special skills & interests:

PLEASE RETURN COMPLETED PAPERWORK TO:  
FLORIDA KEYS HEALTHY START COALITION  
C/O VOLUNTEER COORDINATOR  
P.O. BOX 6166  
KEY WEST, FL 33041

# VOLUNTEER WAIVER & RELEASE



If volunteer is under age 18, a parent/legal guardian must sign.

## RELEASE OF LIABILITY

In consideration for volunteering with the Florida Keys Healthy Start Coalition's activities and programs, including any activities incidental to such participation ("Volunteer Activities"), the undersigned Volunteer or Parent/Legal Guardian of Volunteer (if Volunteer is under age 18) (hereinafter referred to as "I", "me", or "my") releases and agrees not to sue the Florida Keys Healthy Start Coalition or its officers, directors, employees, sub-contractors, sponsors, agents and affiliates from all present and future claims that may be made by me, my family, estate, heirs, or assigns for property damage, personal injury, economic loss, or wrongful death arising as a result of my participating in the Volunteer Activities where, whenever, or however the same may occur.

I understand and agree that the Coalition is not responsible for any injury or property damage arising out of the Volunteer Activities, even if caused by their ordinary negligence or otherwise.

I understand that participation in the Volunteer Activities involves certain risks, including, but not limited to serious injury or death. I am voluntarily participating in the Volunteer Activities with knowledge of the danger involved and I agree to accept all risks of participation.

I also agree to indemnify and hold harmless the Coalition for all claims arising out of my participation in the Volunteer Activities.

I understand that this document is intended to be as broad and inclusive as permitted by the laws of the state in which the Volunteer Activities take place and agree that if any portion of this Agreement is invalid, the remainder will continue in full legal force and effect.

I also acknowledge that the Coalition has not arranged and do not carry any insurance of any kind for my benefit or that of Volunteer (if under 18), my parents, guardians, trustees, heirs, executors, administrators, successors and assigns. I represent that, to my knowledge, I am in good health and suffer no physical impairment that would or should prevent my participation in Volunteer Activities.

I also understand that this document is a contract which grants certain rights to and eliminates the liability of the Coalition.

Volunteer Signature :

Parent/Legal Guardian Signature (if volunteer is under age 18) :

Date :



# BACKGROUND CHECK INFORMATION



Confidential Data

First Name :  Middle Name :  Last Name :

Other names used (including maiden name) :  Years used :

Current Address :  Dates lived here :

Date of birth :  Driver's License #:  DL State :

Social Security Number :

Email (may be used for official correspondence) :

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BACKGROUND CHECKS ARE \$20.00. YOU MAY USE EITHER QR CODE TO PAY ONLINE OR YOU MAY PAY IN CHECK TO THE FLORIDA KEYS HEALTHY START COALITION.



Scan. Pay. Go.

DISCLOSURE REGARDING CONSUMER REPORT BACKGROUND CHECK

In connection with your relationship with the Florida Keys Healthy Start Coalition (“The Company”), we may procure a consumer report about you for a volunteer background check.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

ACKNOWLEDGMENT AND AUTHORIZATION FOR BACKGROUND CHECK

I acknowledge receipt of the separate stand-alone Disclosure and certify that I have read and understand it and this authorization. I hereby authorize the obtaining of "consumer reports" and/or "investigative consumer reports" by The Florida Keys Healthy Start Coalition at any time after receipt of this authorization and throughout my employment, if applicable.

To this end, I hereby authorize, without reservation, any law enforcement agency, administrator, state or federal agency, institution, school or university (public or private), information service bureau, employer, or insurance company to furnish any and all background information requested by **IntelliCorp Records, 3000 Auburn Drive, Suite 410, Beachwood, Ohio 44122; Tel. No. 1.888.946.8355; [www.intellicorp.net](http://www.intellicorp.net)**.

I do \_\_\_\_\_ do not \_\_\_\_\_ authorize you to contact, through IntelliCorp Records, my current employer for Employment and Reference Verifications. (Checking "**I do**" will authorize inquiries to the Human Resources Department and to any listed supervisors.)

I also consent to have any legally required notices sent electronically.

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Signature Date

\_\_\_\_\_  
Parent or Legal Guardian Signature Date  
(for searches conducted on minors under the age of 18)

*Para información en español, visite [www.consumerfinance.gov/learnmore](http://www.consumerfinance.gov/learnmore) o escribe a la Consumer Financial Protection Bureau, 1700 G Street N.W., Washington, DC 20552.*

## **A Summary of Your Rights Under the Fair Credit Reporting Act**

The federal Fair Credit Reporting Act (FCRA) promotes the accuracy, fairness, and privacy of information in the files of consumer reporting agencies. There are many types of consumer reporting agencies, including credit bureaus and specialty agencies (such as agencies that sell information about check writing histories, medical records, and rental history records). Here is a summary of your major rights under FCRA. **For more information, including information about additional rights, go to [www.consumerfinance.gov/learnmore](http://www.consumerfinance.gov/learnmore) or write to: Consumer Financial Protection Bureau, 1700 G Street N.W., Washington, DC 20552.**

- **You must be told if information in your file has been used against you.** Anyone who uses a credit report or another type of consumer report to deny your application for credit, insurance, or employment – or to take another adverse action against you – must tell you, and must give you the name, address, and phone number of the agency that provided the information.
- **You have the right to know what is in your file.** You may request and obtain all the information about you in the files of a consumer reporting agency (your “file disclosure”). You will be required to provide proper identification, which may include your Social Security number. In many cases, the disclosure will be free. You are entitled to a free file disclosure if:
  - a person has taken adverse action against you because of information in your credit report;
  - you are the victim of identity theft and place a fraud alert in your file;
  - your file contains inaccurate information as a result of fraud;
  - you are on public assistance;
  - you are unemployed but expect to apply for employment within 60 days.

In addition, all consumers are entitled to one free disclosure every 12 months upon request from each nationwide credit bureau and from nationwide specialty consumer reporting agencies. See [www.consumerfinance.gov/learnmore](http://www.consumerfinance.gov/learnmore) for additional information.

- **You have the right to ask for a credit score.** Credit scores are numerical summaries of your credit-worthiness based on information from credit bureaus. You may request a credit score from consumer reporting agencies that create scores or distribute scores used in residential real property loans, but you will have to pay for it. In some mortgage transactions, you will receive credit score information for free from the mortgage lender.
- **You have the right to dispute incomplete or inaccurate information.** If you identify information in your file that is incomplete or inaccurate, and report it to the consumer reporting agency, the agency must investigate unless your dispute is frivolous. See [www.consumerfinance.gov/learnmore](http://www.consumerfinance.gov/learnmore) for an explanation of dispute procedures.

- **Consumer reporting agencies must correct or delete inaccurate, incomplete, or unverifiable information.** Inaccurate, incomplete, or unverifiable information must be removed or corrected, usually within 30 days. However, a consumer reporting agency may continue to report information it has verified as accurate.
- **Consumer reporting agencies may not report outdated negative information.** In most cases, a consumer reporting agency may not report negative information that is more than seven years old, or bankruptcies that are more than 10 years old.
- **Access to your file is limited.** A consumer reporting agency may provide information about you only to people with a valid need – usually to consider an application with a creditor, insurer, employer, landlord, or other business. The FCRA specifies those with a valid need for access.
- **You must give your consent for reports to be provided to employers.** A consumer reporting agency may not give out information about you to your employer, or a potential employer, without your written consent given to the employer. Written consent generally is not required in the trucking industry. For more information, go to [www.consumerfinance.gov/learnmore](http://www.consumerfinance.gov/learnmore).
- **You may limit “prescreened” offers of credit and insurance you get based on information in your credit report.** Unsolicited “prescreened” offers for credit and insurance must include a toll-free phone number you can call if you choose to remove your name and address from the lists these offers are based on. You may opt out with the nationwide credit bureaus at 1-888-5-OPTOUT (1-888-567-8688).
- The following FCRA right applies with respect to nationwide consumer reporting agencies:

#### **CONSUMERS HAVE THE RIGHT TO OBTAIN A SECURITY FREEZE**

You have a right to place a “security freeze” on your credit report, which will prohibit a consumer reporting agency from releasing information in your credit report without your express authorization. The security freeze is designed to prevent credit, loans, and services from being approved in your name without your consent. However, you should be aware that using a security freeze to take control over who gets access to the personal and financial information in your credit report may delay, interfere with, or prohibit the timely approval of any subsequent request or application you make regarding a new loan, credit, mortgage, or any other account involving the extension of credit.

As an alternative to a security freeze, you have the right to place an initial or extended fraud alert on your credit file at no cost. An initial fraud alert is a 1-year alert that is placed on a consumer’s credit file. Upon seeing a fraud alert display on a consumer’s credit file, a business is required to take steps to verify the consumer’s identity before extending new credit. If you are a victim of identity theft, you are entitled to an extended fraud alert, which is a fraud alert lasting 7 years.

A security freeze does not apply to a person or entity, or its affiliates, or collection agencies acting on behalf of the person or entity, with which you have an existing account that requests information in your credit report for the purposes of reviewing or collecting the account. Reviewing the account includes activities related to account maintenance, monitoring, credit line increases, and account upgrades and enhancements.

- **You may seek damages from violators.** If a consumer reporting agency, or, in some cases, a user of consumer reports or a furnisher of information to a consumer reporting agency violates the FCRA, you may be able to sue in state or federal court.
- Identity theft victims and active duty military personnel have additional rights. For more information, visit [www.consumerfinance.gov/learnmore](http://www.consumerfinance.gov/learnmore).

States may enforce the FCRA, and many states have their own consumer reporting laws. In some cases, you may have more rights under state law. For more information, contact your state or local consumer protection agency or your state Attorney General. For information about your federal rights, contact: